



ACROSS THE FENCE

December 3, 2023

The holidays are upon us and we hope that you will celebrate with us. Come out this morning and sing a few carols with us at the farmer's market. We will be at the gazebo at 11 a.m. On Thursday, we will get together in person for our annual Board and Member meeting at 6 p.m. We will have a chance to look back at 2023 and members can vote on the budget and nominees to serve on the board. There will be light refreshments and a chance to mingle. Traditionally, the Palisades Village office has had a holiday open house. People were so excited to see each other last year that we had to move it to the social hall here in the Palisades Hub. We will continue our new tradition of a tea and open house on Friday, December 15 at 1:30. Please let us know that you are coming to the meeting or the tea by registering. We have been looking forward and planning for the future needs of the village and laying out a strategic plan. It is nice to step back and see all that we have accomplished. It has been a wonderful year in so many ways and we can't wait to rejoice with all of you.

Monday, Dec 4	Tuesday, Dec 5	Wednesday, Dec 6	Thurs, Dec 7	Friday, Dec 8
12:15 p.m. Pickleball	9:30 a.m. Planner Group	8:30 a.m. Walking Club	6:00 p.m. Annual Board and Member Meeting	9:30 a.m. Mindful Knitting
1:00 p.m. Book Club				
3:30 p.m. William Yates Fitness	3:00 p.m. Yoga			

This Week:

Thursday, December 7th, 6 p.m.
Annual Board Member and Member Meeting

This in-person Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote. The meeting will be held in the Hawthorne Room of the Palisades Hub (5200 Cathedral Ave, NW).

All members are encouraged to attend this annual meeting. The members will have a chance to vote on the Board of Directors and officers. The annual budget will also be on the agenda for approval. Light refreshments will be served so please register [here](#).

Coming Up:



Thursday, December 14, 10:30 a.m. - 11:30 a.m. **Coffee & Conversation**

Join us for an informal get-together over coffee. We will hopefully be meeting outside in the garden, but in the event of inclement weather, we can move into the parlor. This is a wonderful opportunity to get to know fellow Palisades Village members. We hope you will join us. Register [here](#).



Friday, December 15, 1:30 p.m. - 3:30 p.m. **Holiday Tea & Open House**

Join us for a holiday tea and open house. We want to celebrate this festive time of year with our special Palisades Village friends. Please register [here](#).

Tech Clinic



Friday, December 22, 12:00 p.m. - 2:00 p.m. **[Tech Clinic](#)**

Struggling with something on your smartphone, tablet or laptop? Bring it in and let our volunteer help you one-on-one.

Questions have ranged from "how do I turn it on?" to "how do I get the photos from my phone?" and beyond.

Please email aourand@palisadesvillage.org or call the office at **202-244-3310** to let me know that you are coming and arrange the best time. As always, we are happy to provide rides to our full members. Register [here](#).

Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in red to be taken to the registration page and get more information. Click on the registration button and provide your information. You will receive an email with your confirmation soon thereafter. For events on Zoom, this will include the link. There is a complete listing of all events for the next two weeks at the end of the newsletter, or you can go to the [website](#). If you have questions or want to register in person, please call the office at [202-244-3310](tel:202-244-3310).

Full members may request a ride to any PV event with 3 days' notice.

DONATE NOW
TO OUR
END-OF YEAR
ANNUAL
APPEAL

The Annual Appeal Has Begun!

We need your help to keep doing the work that we do to support older adults in our community. Membership fees cover a portion of our operating costs, but to continue to provide the level of programming and services for which we are known, we need your support. We need to raise \$25,000 by the end of the year. We appreciate your continued support!

For years I passed a house and thought "I bet that someone older has that home and is having trouble keeping up with it. If I see them, I will offer to help."

Imagine my surprise when I got the address for my first volunteer gig and that was the house. It has been over 5 years.

Reminder! Medicare open enrollment closes December 7th

During the Medicare open enrollment period you can make changes to your Medicare health and drug coverage that will take effect on January 1, 2024. During Medicare open enrollment you can review your existing coverage and make changes to it. Medicare health and drug plans can make changes each year to features like cost, coverage, and which providers and pharmacies are in their networks. For Medicare plan information or to compare plans, call 1-800-MEDICARE or visit [Medicare.gov](https://www.medicare.gov) or the DC Health Insurance Counseling Project at 202-727-8370.

Appeal for Snow Shovelers Continues



If you or a strong neighbor are available to help one of our members when we get snow, please let us know. We hear that there will be snow this year and we want to be prepared when it gets here. Call or email Anne at 202-244-3310 or aourand@palisadesvillage.org.

Covid Corner:

Free COVID test kits are available from the federal government again! Even if you ordered earlier this year, you can order more now. You can order them [here](#) and they will ship 4 tests per household. You can also pick up free COVID test kits at some DC Public Libraries, including the Palisades and Tenley-Friendship branches.

Do you have COVID test kits and want to check if their expiration dates have been extended? Click [here](#) and scroll down to the section labeled "Authorized At-Home OTC COVID-19 Diagnostic Tests and Expiration Dates." Find your brand of test, click on Extended Expiration Date, and look for the lot number of your kit.

The Palisades Village continues to take precautions. Please do not hesitate to wear a mask at any event. Our COVID policy can be found [here](#).

Can't get out of the house for a vaccination? DC Health will come to you. Call [1-855-363-0333](tel:1-855-363-0333) to request a home visit.

For information on prevention actions and what to do if you are exposed, the [CDC](#) has the latest information.

Members: If you need help getting a vaccination or booster, call the office at [202-244-3310](tel:202-244-3310) and we will help you.

We just heard of a new NIH resource:

It's called Test to Treat (https://www.test2treat.org/s/?language=en_US) and it's a free program for older adults (technically any uninsured or underinsured adult (18+), on Medicare, Medicaid, in the VA healthcare system, or receive care from the Indian Health Services).

Participants will be

- sent COVID test kits (and they're adding flu);
- if/when they test positive for COVID/flu, they get a free telehealth visit;
- and treatment -- typically a prescription for Paxlovid or Tamiflu, shipped to them or to pick up locally.

Anyone eligible can sign up at any time; or if they sign up when they've already tested positive, they'll get the telehealth visit and prescription but no test kits. There is a phone-only option but folks have to have an email address. The program was recently expanded from a 3-state pilot. It's a nice option for anyone who wants the ability to test and get treated without leaving home and/or without making a co-payment.

Wednesday, December 13, 10-2 p.m.

MAYOR'S 25th ANNUAL SENIOR HOLIDAY CELEBRATION

Mayor Muriel Bowser invites you to the 25th Annual Senior Holiday Celebration at the DC Armory. The invite is a special gathering of hundreds of District residents aged 60 and over. This year, the 13 DC Villages would like to encourage our members to attend since it is a good way to meet other DC neighbors, share your experience with residents who either do not know about the Villages or who are not currently served by one, and interact with District and Federal representatives from agencies which serve older adults. You can gather information that may even save your life someday.

Attending the event is also a good way to show our appreciation for the support that the Villages have received from the Department of Aging and Community Living, the DC Council and the Mayor. The event starts at 10:00, and a pretty decent free lunch will be provided, too! To get more information and to register for the event, click **Mayor's Holiday Party**

A Call to Action on the Direct Care Workforce Crisis

LeadingAge DC, DC Appleseed and the DC Coalition for Long Term Care invite you to join Age Friendly DC Villages from across the District for a Special Senior Village Town Hall.

Today, many DC seniors and people with disabilities are going without needed care and assistance due to a severe shortage of trained and qualified direct care workers. Without caregivers, older adults and people with disabilities cannot age with dignity in their own homes or get quality care if they need in-patient rehabilitation or need to go to assisted living.

Join us, on December 18, 2023, at 12 noon to 1 p.m. via ZOOM for a special **Senior Village Town Hall**

- ◆ Get the facts.
- ◆ Learn about root causes and effective solutions.
- ◆ Support the Direct Care Worker Amendment Act!
- ◆ Be an agent for change!

Together, we can make DC Truly Age Friendly!

Senior Village Town Hall Zoom Meeting:

<https://us02web.zoom.us/j/86849393063>

Meeting ID: 868 4939 3063



The DC Area Villages work closely together to share resources and access to many events.

For a list of all the events sponsored by Washington Area Villages, please click [here](#). Here are just a few of them. Register by clicking on the link in the title or in the description.

Thursday, December 7, 1:00 p.m. - 2:00 p.m on Zoom

Retirement Living, Senior Housing & Specialized Residential Care Webinar

The DMV offers a variety of retirement living and senior housing options. Many older adults have difficulty sorting through the numerous residential models, personal service arrangements and fee structures. It is challenging to cut through the marketing spin and understand the 'bottom line'. [Register](#) here.

Part 1 took place in November. Part 2 will address specialized residential care: Assisted Living, Memory Care and Long-Term Skilled Nursing Care. While it is beneficial to attend both webinars, each session stands on its own merits. Speaker: Jennifer Marie Brown
Hosted by Cleveland and Woodley Park Village

Thursday, December 14, 1:00 p.m. - 2:00 p.m on Zoom

Reinventing Yourself in Retirement with Dian Seidel - Hosted by Chevy Chase at Home

Join Chevy Chase At Home and Dian Seidel for a conversation about retirement, working abroad as an older adult, Thailand, volunteering, staying active, writing, and related topics. Speaker Dian Seidel used to be a climate scientist at NOAA. Now, in retirement, she teaches yoga at local gyms, teaches English to immigrants to the DC area, and writes. Register [here](#).

Tuesday, December 19, 6:00 p.m. - 7:15 p.m. on Zoom

LGBTQ Social Hour hosted by Capitol Hill Village; Join us to connect with LGBTQ folks of different ages. Participants will come together to connect, combat isolation, and foster relationships. Register [here](#).

If you need durable equipment (wheelchairs, walkers, etc) to borrow and IONA doesn't have what you need, try Georgetown Village at 202-999-8988.

Around Town Events:

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Create an account and take a look at the "In-Person Events" under "Upcoming Events" or email community@iona.org or call [202-459-9634](tel:202-459-9634). Sign up for the newsletter while you are there!

December 5, 4-5 p.m.

Iona Tech Tuesday with Brady -- Tuesday's topic: How to use Instagram. Click [here](#) to sign up or to see future topics.

Tuesdays, 2 p.m. at the Palisades Library

Yoga -- Free yoga classes taught by Beth Lawrence. Mats are not required; all poses will be seated or standing. For more information, click [here](#).

Strength, Balance, and Core in-person class with Emma Swain -- This class combines dynamic and functional strength and balance exercises using seated and standing exercises. This is offered through **Around Town DC**.

Mondays at Tenley-Friendship Library, 1:30 pm. - 2:30 p.m. Register [here](#).

Tuesdays at St. Albans, 11 a.m. - noon. Register [here](#).

Thursdays Palisades Rec Center, 10 a.m. - 11 a.m. Register [here](#).

Fridays, 11 a.m.

Cardio Chair Kickboxing at St. Albans - Chair Cardio Kickboxing is a low-impact class using music with aerobic exercise moves mixed in with some martial arts moves such as

punching and kicking. It is a great exercise for improving endurance, core, and balance. [See a sample of the class here](#). Read more and [register here](#).

Fridays, 11 a.m.

Tai Chi at Palisades Library - Join Diane Harris in studying the art of Tai Chi. Diane is a patient instructor who will break down this martial art form into numbers and movements so that it is easy to learn. Tai chi will help with balance, stretching, and focus. This program is free and is sponsored by Around Town DC and Iona Senior Services. For more information and registration, click [here](#)

Sibley Seniors Events:

[Sibley Seniors Association](#) (SSA) offers programs and support groups online.

Community Events:

Saturday, December 16, 9:30 a.m. - 1130 a.m.

Holiday Breakfast & Cookie Exchange - Join the Palisades Community Association for this annual event at the Palisades Hub (downstairs in the social room). Bring your favorite holiday cookies to share with your neighbors and take a bag to enjoy at home. Fun for all ages! Free for PCA members; \$10 suggested donation for non-members.

Ongoing Events:

Bereavement Support Group

Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and twice a year, a six-week structured bereavement group for persons who have been widowed for two years or less. Call [202-537-4942](tel:202-537-4942) for more information or go to [Calendar | Widowed Persons Outreach \(wpodc.org\)](#)

Weekly on Wednesdays at 2:30 p.m.

Dance for PD -- Now in person at the Kennedy Center's REACH building. Join local Dance for Parkinson's Disease certified instructor Lucy Bowen McCauley for a free workshop where participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating, and creative. Learn more about the program by [clicking here](#).

Weekly on Mondays from 2 - 3:15 p.m.

Just Us at the National Gallery of Art -- Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email access@nga.gov.

Bi-Weekly on Fridays, 1 - 2 p.m.

The Art of Looking--By sharing observations, interpretations, questions, and ideas, participants build on their own first impressions and broaden their understanding of a single work of art in each meeting. Each session lasts one hour and is completely interactive. NGA educators will facilitate the conversation to create an environment for shared learning.

COMING UP IN PALISADES VILLAGE

Listed below are details on upcoming events sponsored by Palisades Village. You can now register by clicking on "More Information" and then "Register." You will be prompted to add your name and email address. Please use the email address that the calendar was sent to; it functions as your user ID. If you need to update your email, just let us know. Or you can register by email at aourand@palisadesvillage.org or call the office at **202-244-3310**.

All our events on the village website

This Week at Palisades Village
December 3 — 9, 2023

Holiday Singalong

Sun 12 / 03 / 2023 at 11:00 AM

Where: Palisades Farmers Market

[More Information](#)

Pickleball

Mon 12 / 04 / 2023 at 12:15 PM

Where: Palisades Recreation Center - inside the gym, 5200 Sherier Place NW, Washington, DC 20016

[More Information](#)

Book Club

Mon 12 / 04 / 2023 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 12 / 04 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 12 / 05 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 12 / 05 / 2023 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC 20016

[More Information](#)

Walking Club - Georgetown

Wed 12 / 06 / 2023 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Annual Board and Member Meeting

Thu 12 / 07 / 2023 at 6:00 PM

[More Information](#)

Mindful Knitting

Fri 12 / 08 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
December 10 — 16, 2023

Pickleball

Mon 12 / 11 / 2023 at 12:15 PM

Where: Palisades Recreation Center - inside the gym, 5200 Sherier Place NW, Washington, DC 20016

[More Information](#)

William Yates Fitness

Mon 12 / 11 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 12 / 12 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 12 / 12 / 2023 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC 20016

[More Information](#)

Walking Club - Georgetown

Wed 12 / 13 / 2023 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Eye to Eye Group - In Person

Wed 12 / 13 / 2023 at 10:00 AM

Where: Palisades HUB - parlor, 5200 Cathedral Ave NW, Washington,

[More Information](#)

Coffee & Conversation

Thu 12 / 14 / 2023 at 10:30 AM

Where: Palisades HUB, 5200 Cathedral Ave NW, Washington,

[More Information](#)

Mindful Knitting

Fri 12 / 15 / 2023 at 9:30 AM

[More Information](#)

Holiday Tea

Fri 12 / 15 / 2023 at 1:30 PM

Where: Palisades HUB, 5200 Cathedral Ave NW, Washington,

[More Information](#)

All our events on the village website

Thank you!

Palisades Village